

**Journal Question**  
**4-17-19**

"What is 1 way you can say NO to drugs?"

Jan 27-10:13 AM

**Guidelines for Responsible Use of Prescription Drugs**

Pharmacist – health professional who is licensed to prepare and sell prescription drugs

1. Follow the directions for use given by your doctor.  
side effect – unwanted body change (ex – drowsy, headache)
2. Contact your doctor if you experience any unexpected side effect of a drug.
3. Don't stop taking drug because you start to feel better.
4. Ask doctor before taking more than 1 drug at a time.
5. Follow directions for storing the drug.
6. Keep prescription drugs out of reach of children.
7. Don't take prescription drugs that appear to have been tampered with.
8. Don't take drug prescribed for another person.
9. Don't use prescription drugs past the expiration date on label.
10. Flush down the toilet prescription drugs that are no longer needed.....

Jan 27-10:14 AM

**Guidelines for Responsible Use of OTC Drugs**

1. Obtain permission from parent or guardian before using OTC drug.
2. Ask a pharmacist or doctor if you have questions about use of an OTC drug.
3. Don't take OTC drug if package has been opened or is broken.  
Tamper-resistant package – sealed for safety
- 4 Use OTC drug only for its indication  
Indication for use – symptom or condition for which an OTC drug should be used
5. Follow directions for use on the label. Pay attention to any warnings.
6. Don't participate in activities in which you can be injured if drowsiness is a side effect of the drug.
7. Stop using an OTC drug if you experience any unexpected side effect, and contact a doctor.
8. Don't take more than 1 OTC drug at a time without telling a doctor.
9. Don't take more than the recommended dose.
10. Don't use old OTC drugs (expiration date).

Jan 27-10:14 AM